

Ipsalu Level 4 Cobra Breath *Bliss of Cosmic Union*

Heartwood Health Art & Yoga Retreat ~ Blueridge, Georgia

May 19-23, 2019



4 Cobra Breath opens you from the microcosm to the macrocosm, connecting the depths of earth and eternities of heaven.

Experience the evolution of the Level 4 Cobra Breath workshop including the same powerful practice and techniques, but at a more relaxed pace that includes sharing circles and Transcendental White Ceremony.

Pre-requisites:

* Cobra Breath Level 3

* 1 year of consistent L3 daily practice

*Interview process with Nayano

Contact: Nayano at beachvegan@bellsouth.net to interview

Level 4 Tuition includes Lodging, Meals & Study Materials:

\$675 Before January 1, 2019

\$725 After January 1 2019

Contact: Roshani in the business office for additional information and to register at info@ipsalutantra.org
805-534-1368